

Zachary Abel

Zachary Burr Abel (born September 4, 1980^[2]) is an American actor. He is best known for portraying Carter Anderson in the ABC Family comedy drama series *Make It or Break It* (2009–2011).^[3] For his role, he was nominated for a Teen Choice Award for Choice Summer TV Star – Male.^{[4][5]}

Early life

Abel was born on September 4, 1980, in the small town of Middletown, Indiana. He studied finance and international business at Washington University in St. Louis.^[6]

Career

Abel began his acting career in 2007, when he appeared in an episode of the CBS police procedural drama series *CSI: Crime Scene Investigation*. He went on to star as Jonah Madigan in the web television drama series *My Alibi* (2008), a series produced by Take180.^[7] In 2009, he appeared in the ABC Family teen drama series *The Secret Life of the American Teenager* as Max Enriquez, the stepbrother of Adrian Lee. He also appeared as Chad in the horror film *Forget Me Not* (2009) and as Justin Palma in the comedy film *Night Club* (2011).

Abel gained further recognition for starring as Carter Anderson in the ABC Family comedy-drama series *Make It or Break It*, appearing on the series from 2009 to 2011.^[8] For his performance, he was nominated at the 2010 Teen Choice Awards in the category of "Choice Summer TV Star – Male", but lost to Ian Harding of *Pretty Little Liars*.^{[4][5]} Abel went on to make guest appearances in numerous other television series, including *The Big Bang Theory* (2009), *90210* (2010), *Awkward* (2011), *The Secret Circle* (2011), *Agents of S.H.I.E.L.D.* (2014), and *Criminal Minds* (2017).

Personal life

He has been married to English actress Elizabeth Henstridge since 2021.^{[9][1]}

	Zachary Abel
Born	Zachary Burr Abel September 4, 1980 Middletown, Indiana, U.S.
Alma mater	Washington University in St. Louis
Occupation	Actor
Years active	2007–present
Spouse	Elizabeth Henstridge ^(m. 2021)^[1]

Filmography

Film

Year	Title	Role	Notes
2009	<i>Forget Me Not</i>	Chad	
2011	<i>Night Club</i>	Justin Palma	
2012	<i>Je Vous Adore</i>	Claire's Boyfriend	Short film
2018	<i>One by One</i>	Jake	

Television

Year	Title	Role	Notes
2007	<i>CSI: Crime Scene Investigation</i>	Male Lover	Episode: " <u>Goodbye and Good Luck</u> "
2008	<i>My Alibi</i>	Jonah Madigan	14 episodes
2009	<i>The Secret Life of the American Teenager</i>	Max Enriquez	4 episodes
2009	<i>Hot Sluts</i>	Kale	4 episodes
2009	<i>The Big Bang Theory</i>	Todd	Episode: " <u>The Cornhusker Vortex</u> "
2009–2011	<i>Make It or Break It</i>	Carter Anderson	26 episodes
2010	<i>The Subpranos</i>	Jackson	2 episodes
2010	<i>90210</i>	Zach	Episode: " <u>Best Lei'd Plans</u> "
2011	<i>Awkward</i>	Jamie McKibben	2 episodes
2011	<i>The Secret Circle</i>	Luke	2 episodes
2012	<i>The One 'N Done</i>	Rich	Episode: " <u>An Organic Date</u> "
2012	<i>Shelter</i>	Mitchell Taylor	Unaired pilot
2014	<i>Agents of S.H.I.E.L.D.</i>	Tad	Episode: " <u>Seeds</u> " (deleted scene)
2017	<i>Criminal Minds</i>	Bill Seavers	Episode: " <u>A Good Husband</u> "
2017	<i>High Expectasians</i>	Brian Waterbaum	Episode: " <u>The Casting Workshop</u> "

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External links

- Official Twitter (<https://twitter.com/zacharyburrabel>)
 - Zachary Abel (<https://www.imdb.com/name/nm2835159/>) at IMDb
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